

BREAST CANCER INCREASES IN YOUNG AGE FEMALES IN PAKISTAN

Maria Arif and Anum Zeb

National University of Medical Sciences, Pakistan

Cancer arises from the transformation of normal cells into tumour cells in a multistage process that generally progresses from a pre-cancerous lesion to a malignant tumour. The aim of the study is to find out reason, which increases various risk factors of breast cancer among Pakistani women. A total 50 samples were studied, all includes women with histologically confirmed breast cancer patients and their ages are divided into two groups (16-40, 41-75) with standard deviation; 25 samples in each group. Subjects were interviewed using a specifically designed questionnaire. Subsequent disease-specific mortality was also measured. Most of the patients have high grade tumour is Provisional Grade II (32.0%), Ductal Carcinoma Grade III 11 (22.0%), Fibroadenoma 10 (20.0%), Carcinoma 7 (1 4.0 %), benign breast disease 2 (4.0%), giant fibroadenoma 1 (2.0%), Tubular Adenoma Right breast 1 (2.0%) and consistent with fibroadneoma 1 (2.0%). The analysis was to study the different types of breast cancer in different age groups. Most frequent categories were Ductal Carcinoma Grade III (22.0%) and Provisional Grade II (32.0%). Pakistani women are at the highest incidence (32.0%) rate for breast cancer and are diagnosed in stages III and IV in Pakistan. Moreover various risk factors including age, breast-feeding, physical activity and menopausal status were significantly associated with increased risk of developing breast cancer in Pakistani women. Women in Pakistan do not know much about the curable disease. There is strong evidence that women due lack of education and low income contribute significantly along with various other factors. We know that breast cancer prevention is an early diagnosis. When disease is detected early, patient can almost be cured without mutilating surgery like mastectomy, leaving women with less psychological morbidity.

maria.aadil@yahoo.com